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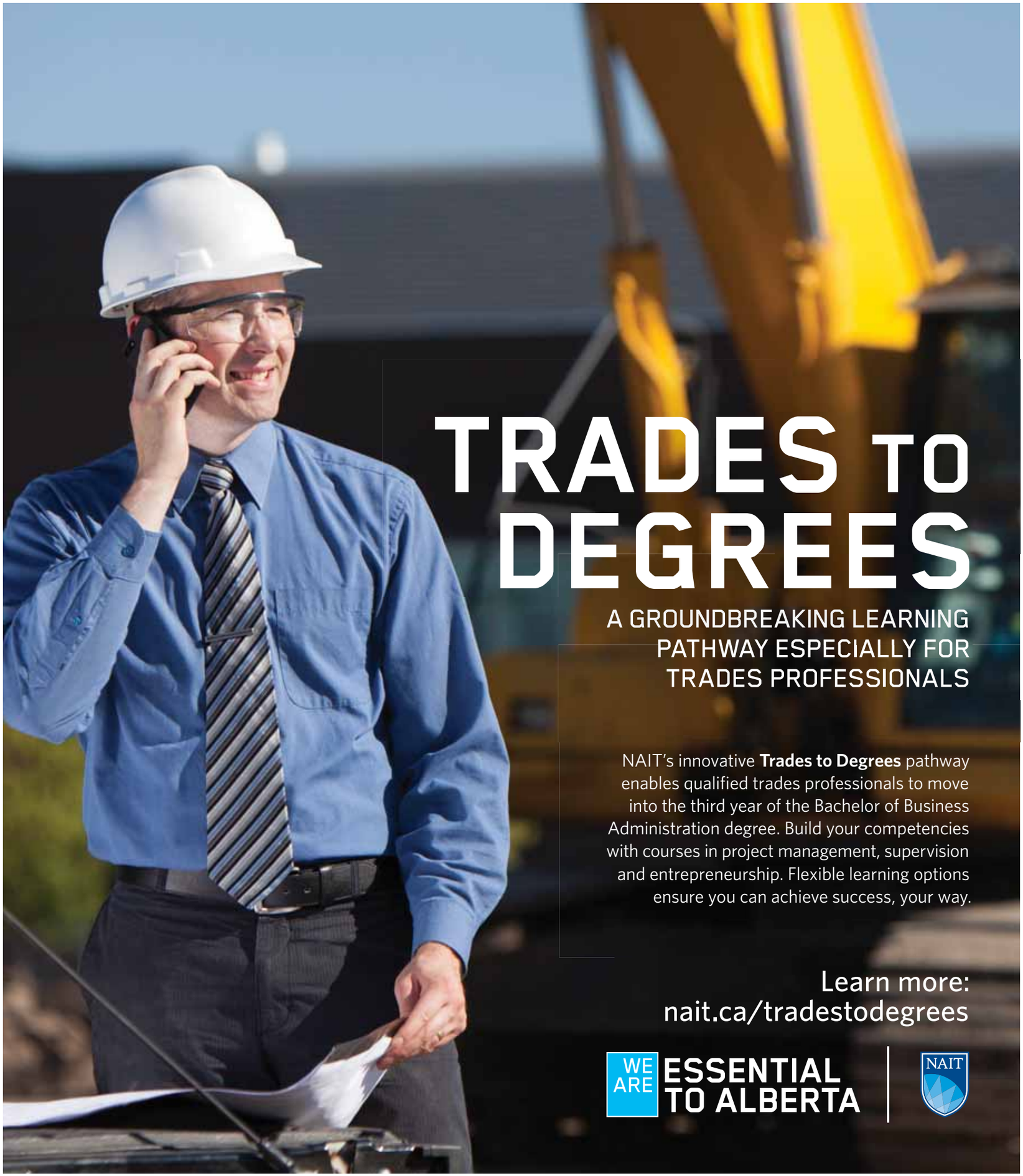
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Snowden's plea for clemency rejected

NSA Whistleblower writes in letter, 'speaking the truth is not a crime'; the White House disagrees PAGE 9

MO MONEY; BRO PROBLEMS

IN ITS FIRST 10 YEARS, MOVEMBER HAS RAISED MILLIONS FOR PROSTATE- AND TESTICULAR-CANCER RESEARCH PAGES 19

COUPLAND TEMPS AT METRO

Renowned Canadian author Douglas Coupland, second from right, is publishing TEMP, an exclusive 20-chapter fiction story, in Metro each weekday starting today until Nov. 29. The series is focused on a character that could one day be you, Metro reader. The author, who popularized the term Generation X, worked with editors at Metro's head office on the collaboration. From left: Melita Kuburas, Quin Parker, Amber Shortt, Fernando Carneiro, Lacy Atalick, Coupland and Mark Charles. Turn to pages 3 and 14 for more. DAVID VAN DYKE/METRO

Cold weather, flood fallout create 'huge problem'

Lack of rental vacancy. Wintry blast over weekend sees shelters fill up

June's rush of water and November's fresh blast of winter have Calgary affordable housing advocates fearing the worst.

Rental vacancy citywide was already expected to plunge to near zero as many displaced flood victims were forced to move into temporary housing.

Now, with temperatures plunging and more than 20 centimetres of snow falling in some areas of the city over the weekend, John Rook, president and chief executive of the Calgary Homeless Foundation, said he doesn't believe the housing market has recovered and there's a drastic need for creative solutions.

"There's a huge problem there — the flood continues to create that problem for us," Rook said. "I'm not sure what we're going to do at this point.... We don't want anybody to die. It's pretty critical right now."

Rook said he was already hearing reports of shelters at capacity in the city.

At the Calgary Drop-In & Rehab Centre, employees were forced to push aside cafeteria tables and chairs to open another floor's worth of shelter space, as more than 1,200 people were expected to crowd in Sunday evening.

"When the temperature dips below -10 C we open our doors broadly and welcome anybody who needs a warm bed, anybody who needs a hot meal," said spokesperson Jordan Hamilton.

JEREMY NOLAIS/METRO

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Aiming for hire ground

Letter from the editor

Young, smart and living in an uncertain world

CHARLOTTE EMPEY
Editor-in-Chief

You know the Metro mindset: we're smart, quirky, rule breakers and über disrupters. So you won't be surprised — but we do hope you'll be excited — about an exclusive collaboration with celebrated Canadian author Douglas Coupland.

TEMP, serialized fiction running in Metro each weekday from today to Nov. 29, explores what it means to be young, smart, and only temporarily employed, through the eyes of a contemporary cast of characters just trying to carve a place for themselves in an uncertain world.

Temp opens with: "Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me."

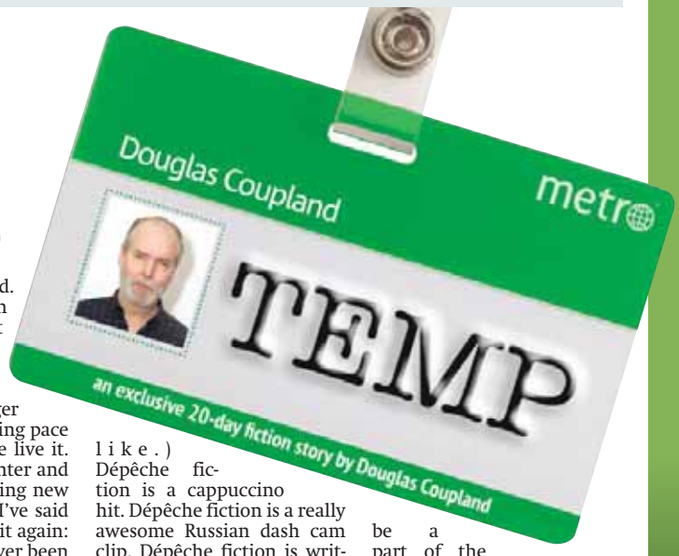
When Douglas approached us with his concept for a serialized narrative we jumped on the opportunity for a partnership. Douglas has been described as possibly the most gifted interpreter of North American pop culture writing today — and TEMP more than lives up to his reputation.

When I asked Douglas why Metro, he told me, "Metro is the tom-toms of the global village. It's the new face of old media. It reaches millions of people who devour every word and it all ends up being discussed in lunchrooms, meeting rooms, and dinner tables around the world."

And what does TEMP say about Douglas's take on tomorrow?

Read on! The first installment is on page 14.

Like alien eggs inside your brain



In the next four weeks you'll be reading the daily story of a very likeable character named Shannon. You already know Shannon — everyone knows Shannon — you may well be Shannon. She's that slightly geeky gal who temps at every office you've ever worked at. She's funny, she's got her head screwed on right, and most of all, Shannon lives in our collective real world. She lives in the year 2013 and Shannon's world is changing and mutating as rapidly as yours.

Change: that dreaded word. If only we could have a one-year holiday from change — but that's not going to happen and we all know it. So then, how do we make the most of life as it's really lived? How do we cope and find the good stuff amidst the bad stuff? That's what Shannon's all about.

Dépêche fiction

A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction.

But wait. Why Metro? And why me writing about a character named Shannon in Metro? Two reasons. One: I always set my books in what I call "the extreme present tense." As living creatures, the present moment is all we have. It truly is… it's freaky and messy and weird. But it's ours and soon enough the present tense will become the Good Old Days — so enjoy it.

Two: I'm no longer sure if fiction is keeping pace with life and how we live it. I'm a born experimenter and I want to try something new to address this lack. I've said it before, and I'll say it again: as a species we've never been smarter yet we've never felt more stupid. We live in a world of devices and clouds and economic bubbles. A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction. (Yes, kind of like Depeche Mode, a band I totally like.) Dépêche fiction is a cappuccino hit. Dépêche fiction is a really awesome Russian dash cam clip. Dépêche fiction is written so that it accumulates in your brain over time, and then, just like alien eggs, it suddenly hatches and makes your brain say, "Hey! I'm feeling something tingly and new! And BTW, I've overtaken your existence!"

What to expect? Well, it's not The Office, and it's not a comic strip. TEMP is something new — and you get to be a part of the experiment. And Metro is the perfect slot for TEMP. Metro is read by people who are out there in the world living a full-on modern experience. Fiction is about readers being able to say, "Wait — that's how I see the world!" And I hope that's what you feel. And now let the eggs hatch.

DOUGLAS COUPLAND

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Painted utility-box project to use photos too

This utility box, located at the corner of Council Way and 33 Avenue S.W., is one of many that artists have painted in recent years. JEREMY NOLAIS/METRO

Vandal deterrent.
Little graffiti seen after artists make mark

Shutterbugs could soon join painters in an ongoing bid to brighten Calgary communities and deter unwanted graffiti.

The city began recruiting artists in 2010 to brush up utility boxes with one-of-a-kind paintings in hopes of preventing frequent tagging — and by all indications the initiative has paid off.

Supt. Rachael Seupersad with the city's public-art program said initial accounts suggested more than 90 per cent of boxes given a facelift were left alone by graffiti artists and she's only encountered one or two since that were painted over.

Quoted

"The community has responded in such a positive way."

Rachel Seupersad, superintendent of the city's public-art program

"There is that unwritten code in the writing community and the graffiti community — they respect the work of other artists," she said. "Generally, they will not tag on a painted box."

Now, with 108 of the boxes painted citywide, Seupersad's team will also begin testing out photography on boxes along the 7 Street S.W. cycle track before the year is out.

The utility-box program was initially the brainchild of roads specialist Peter Bushe, who looked to other cities for inspiration on how to combat graffiti.

Bushe retired earlier this year, but Seupersad said she has every intention of keeping the project alive.

Artist Wil Yee painted six boxes in various areas of the city, including a couple of stylish dragon works near Chinatown.

"It was about getting my artwork out there, meeting other artists and creating this kind of free gallery for communities," Yee said, adding he would be keen to paint more in the future if he could find the time.

Utility boxes have gone under the brush in the Marda Loop area as well as along Macleod Trail, 17 Avenue S.W. and other areas around the city, Seupersad said. JEREMY NOLAIS/METRO

Train derails east of Edmonton

There has been another derailment of a CN Rail train, this time near the hamlet of Peers in west-central Alberta.

A news release from Yellowhead County says 13 cars were involved — 12 carrying lumber and one tanker with sulphur dioxide.

The county says the sulphur dioxide is categorized as a dangerous goods cargo, but added the tanker wasn't leaking.

Yellowhead County says its fire chief went to the scene, but that CN didn't ask for assistance since there wasn't a fire or any immediate safety concerns for residents.

The derailment is less than 100 kilometres from the scene of last month's train disaster in Gainford where roughly 100 residents were forced from their homes.

The Gainford residents were forced from their homes after 13 rail cars — four laden with petroleum crude oil and nine carrying liquefied petroleum gas — came off the tracks. Three cars began leaking and caught fire.

People living in Gainford were kept out of their homes for several days after crews used water and a controlled burn to help the flames burn out faster.

CN apologized to residents in Gainford and paid out compensation for damages to property following the accident. THE CANADIAN PRESS

Repeating the past

- In July, a train derailment in Lac-Mégantic, Que., killed 47 people after cars exploded and caught fire.

Investigators go over the scene where a CN train derailed west of Edmonton near Peers hamlet on Sunday. Thirteen cars derailed early Sunday morning, with 12 carrying lumber and one carrying sulphur dioxide. JASON FRANSON/THE CANADIAN PRESS

In and around Calgary

Heavy snow leading to crashes

Firefighters safely extricated a young girl from a crumpled SUV in north Calgary Sunday morning, in one of more than 130 crashes over the weekend as heavy snow blanketed the city.

"The vehicle ended up on its roof and there was a young female child that was actually trapped inside," Battalion Chief Ernie Molineaux said, adding that firefighters needed to use "mechanical extrication tools" to get her out.

The girl, believed to be about 10, was one of three people taken to hospital in stable condition following a single-vehicle rollover on Symons Valley Road near 144 Avenue N.W. at 9:10 a.m., according to EMS spokesman Adam Loria.

In total, Calgary police received 134 reports of collisions between 6 a.m. Saturday and noon Sunday, said Duty Insp. Dave Sweeting, seven of which involved injuries. Loria said EMS responded to numerous other crashes just outside city limits.

RCMP recommended against travel on the QE2 Sunday, as traffic in both directions was reduced to one lane between Didsbury and Red Deer.

"Reduced visibility due to blowing snow and snow covered roads with slippery sections will make for prolonged emergency response times," Innisfail RCMP stated in a release.

Snow is unlikely for Monday but forecasts call for continued below-zero temperatures until mid-week. ROBSON FLETCHER/METRO

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Christopher Slee, a second-year exchange student at the University of Calgary, does his laundry in the basement of Yamnuska Hall on Sunday. He said the meal plan that students living in the building are required to pay for is too pricey. JEREMY NOLAIS/METRO

Rez hikes will squeeze students out: Advocates

U of C. Rental-housing crunch leaving learners with few options

Repeated hikes to residence fees at the University of Calgary are threatening to spur a "demographic change" that will see only a select few students able to afford to live on campus, advocates warn.

The university has confirmed a tentative proposal to hike fees again for the 2014-15 school year by anywhere from two to five per cent, depending on the building.

For some students, that increase would come alongside a proposal to boost the costs for the meal plan, which is mandatory for first-year students living on campus as well as those in Yamnuska Hall.

Dan Medland-Marchen, president of the Residence Students' Association, said his annual on-campus housing costs have already ballooned by $800 over the past two years, while many friends living in houses near the U of C have seen only modest increases or none at all.

"It gets to the point where only a very small minority of people are going to be able to live there," said Medland-Marchen, who represents about 2,200 students residing on campus.

Student advocates have already reported struggles with finding housing for learners, with Calgary's rental vacancy expected to near zero in the wake of June's flood. There have also been reports of price gouging and long wait lists for a basic apartment.

Medland-Marchen said the proposed increase to U of C fees couldn't come at a worse time.

Residence costs

According to the U of C's website, residence fees for eight months range from $5,049 to $7,412, depending on the building and number of students in a unit.

But Voula Cocolakis, director of residence and ancillary services, said the increase comes only to cover rising costs associated with salaries, equipment, cleaning supplies and other necessities.

"We're doing the best we can to keep our costs as low as possible," she added.

Residence rates were increased for the current school year from 2.5 to five per cent but the meal-plan cost remained flat.

Even so, second-year student Christopher Slee, who lives in Yamnuska Hall, figures he could keep himself fed for less than the cost of the meal plan, which covers eight months worth of food and ranges from $2,080 to $4,640.

"I would prefer it if you could cook yourself," he said.

But Cocolakis noted Yamnuska has limited kitchen space and the residence areas for first-years have none. She added having students congregate to eat in their earlier years comes with certain social benefits. JEREMY NOLAIS/METRO

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Egyptians protest 'coup' that ousted Morsi

Defending democracy. 13,000 supporters have been jailed: Protesters

ROBSON FLETCHER
robson.fletcher@metronews.ca

Egyptian-Canadians were joined by a former Egyptian senator in Calgary on Sunday to protest the military overthrow of president Mohammed Morsi 120 days earlier and his subsequent detention at an unknown location.

"Nobody knows where he is," protest organizer Osama Refai said. "He didn't even get a chance to talk to his aides, his family."

Protesters condemned what they described as a "clear coup" against the Morsi government, which came to power in Egypt's first free election in 2011.

But after mass protests against Morsi and his party, the Muslim Brotherhood, the military removed him from power July 3 and dissolved the country's constitution and senate.

Sarwat Nafei sat as an independent in the Senate, and while he often disagreed with Morsi's policies, he said the military had no right to remove the democraticallyelected leader.

"All that we have seen from the media is that president Morsi is another face for an Islamist regime, which is not true," Nafei said. "I would disagree ... with the Muslim Brotherhood's ideology, but he was actually an ... open-minded, democratic president."

Two dozen people took part in the protest outside Calgary's Municipal Building.

Demonstrators stand along Macleod Trail in Calgary, Monday, protesting the military overthrow of the Egyptian government. ROBSON FLETCHER/METRO

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Uber. Owners of luxury vehicle app won't return until rules are changed

Thousands of Calgarians used a controversial app over the weekend to hail and ride in luxury limos and sedans free of charge, its creators claimed in a statement Sunday.

But the people behind Uber say they won't return to Calgary until the city's "antiquated" rules around high-end vehicle transportation change.

"Faster and more reliable transportation shouldn't be the exclusive privilege of the rich," the company said in a blog post Sunday.

From Wednesday evening to Sunday at noon, Uber offered city residents a chance to ride in a high-end vehicle for just a $5 donation to The Calgary Foundation and covered the $78 minimum charge a traveller would usually pay.

But Uber says its app, which allows people to hail a limo and pay for it electronically, wouldn't work on a permanent basis until the rules around the minimum fee are amended to allow for cheaper rides.

City officials say the app's model raises concerns around safety and fairness to the customer.

Chief livery officer Marc Halat said the minimum-fare rule is in place to protect taxi drivers, who wouldn't be able to compete on a level playing-field with luxury cars.

JEREMY NOLAIS/METRO

Marc Halat, Calgary's chief livery officer, said he encourages new tech that improves taxi and limousine service, but has concerns about U.S. app Uber. METRO FILE

1st substantive meeting

New council set to organize itself

Calgary's newly elected mayor and city councillors will gather Monday morning for their first substantive meeting as a group.

After being sworn in last week, members of council will decide at Monday's organizational meeting which of them will sit on four standing policy committees going forward.

Those committees include community and protective services, transportation and transit, planning and urban development, and utilities and corporate services. METRO

Mayor's backup

Deputy roster set to be approved

After appointing the members of various city committees Monday, council is also set to approve a "roster" of deputy mayors who will serve in Mayor Naheed Nenshi's stead when he's unavailable.

While it's often ceremonial duties that fall to the deputy mayor, major responsibilities can also land in their laps.

In June, for example, it fell to acting deputy mayor Richard Pootmans to declare a local state of emergency due to the impending flood. METRO

‘No clemency’ for Snowden: Officials

A ‘terrible idea.’
Whistleblower made the plea in a letter saying ‘speaking the truth is not a crime’

In this image taken in September and made available by the Rossiya 24 TV channel, Edward Snowden looks at a photographer on a boat during a trip on the Moscow River. LIFENEWS/ROSSIYA 24/THE ASSOCIATED PRESS

The White House and the leaders of the intelligence committees in Congress are rejecting Edward Snowden’s plea for clemency.

“Mr. Snowden violated U.S. law,” White House adviser Dan Pfeiffer said Sunday about Snowden, who has temporary asylum in Russia. “He should return to the U.S. and face justice,” Pfeiffer said, adding when pressed that no offers for clemency were being discussed.

Snowden made the plea in a letter given to a German politician and released Friday. In his one-page typed letter, he asks for clemency for charges over allegedly leaking classified information about the NSA to the media. “Speaking the truth is not a crime,” Snowden wrote.

But the head of the Senate Intelligence Committee said if Snowden had been a true whistleblower, he could have reported it to her committee privately. “That didn’t happen, and now he’s done this enormous disservice to our country,” said Democratic Sen. Dianne Feinstein. “I think the answer is no clemency.”

The chairman of the House Intelligence Committee, Rep. Mike Rogers, called clemency for Snowden a “terrible idea.”
THE ASSOCIATED PRESS

New reality after Boston Marathon bombings

A counterterrorism police officer uses a metal-detecting wand at a security checkpoint at the the 2013 New York City Marathon on Sunday. The race saw increased security in the wake of the April bombings at the Boston Marathon. KATHY WILLENS/THE ASSOCIATED PRESS

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Ford sorry for drunkenness but says he's no drug addict

The show does go on. T.O. mayor says he will explain contents of the video if it's released

Toronto Mayor Rob Ford acknowledged Sunday that he has made mistakes — including being "hammered" in public — but left unanswered questions about the alleged crack video.

"I'm the first one to admit I am not perfect. I have made mistakes," Ford said on his weekly radio show.

"Unfortunately, I cannot change the past; I can just move forward and learn."

Ford apologized to his family, city council and Toronto taxpayers. He said he was referring to being inebriated in public and texting while driving.

Ford didn't discuss the contents of the video that allegedly shows him smoking crack.

"When the video is released, I'm going to explain to the best of my ability what's in the video," said Ford, who asked Police Chief Bill Blair to release it.

But when the scandal first broke in May, Ford insisted there was no video at all.

Ford said later Sunday in an interview that he does not have a drug addiction problem.

"I'm not an addict of any type of drug — even alcohol," he told radio station AM640.

There have been repeated accounts of Ford appearing intoxicated in public. On Sunday he acknowledged getting "hammered" during a street festival last summer.

At the time, Ford downplayed his behaviour, saying in August that he didn't do anything offensive and that videos of him appearing intoxicated were blown out of proportion. THE CANADIAN PRESS

Toronto Mayor Rob Ford appears on his NewsTalk 1010 radio show on Sunday. MARK BLINCH/THE CANADIAN PRESS

Age of consent

Vatican changes — progress or PR?

While Vatican City amended its criminal code in July to raise the age of consent to 18, has anything really changed?

Previously, the Vatican had the lowest age of consent in Europe — 12 — and a record of child sex-abuse scandals. Pope Francis overhauled the criminal code, in part to comply with international treaties such as the UN Convention on the Rights of the Child.

Now, sex with a person under the age of 18, prostitution or possession of child porn can be punished by up to 12 years in prison.

Critics say this hasn't changed anything and is a feel-good gesture to help generate positive headlines.

The Vatican also made it a crime to leak information about criminal activity to anyone outside the church — punishable by up to eight years in prison. VAWN HIMMELSBACH/FOR METRO

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Book signing and reception: 8:30 – 10 p.m.

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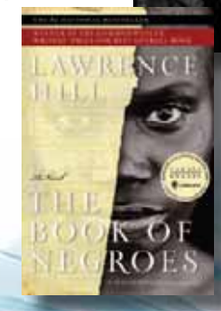

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Starbucks is expanding its Teavana 'tea bars,' which currently includes 59 Canadian locations. Our tea consumption is expected to rise 40 per cent by 2020, driven by an interest in health and wellness. NATHAN DENETTE/THE CANADIAN PRESS

Care for a spot of carbonated tea?

Brewing up change.
Companies such as Starbucks are cashing in on the resurgence of tea, opening cool 'tea bars'

Your grandmother's favourite beverage has found a new life with retailers who say tea is destined to become the next sought after sip for Canadians bored with the same old cup of coffee.

Whether it's the traditional Earl Grey or fancy variations, like carbonated teas, or tea-infused alcoholic drinks, the number of options for afternoon tea is growing at a stunning pace.

THE CANADIAN PRESS

Steeped in health

Canadians' tea consumption is expected to rise 40 per cent by 2020, according to a government agency report on food trends. The increase will be driven by a soaring interest in health and wellness, it said.

Following bad press

EBay apologizes, quickly removes Holocaust items

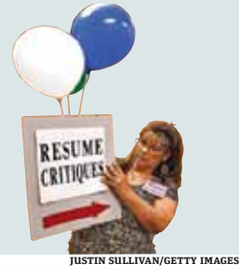
Online auction site eBay has apologized after a newspaper found apparent Holocaust memorabilia, including the clothes of concentration camp victims, being offered for sale.

THE ASSOCIATED PRESS

Random biz fact of the day

5-7 sec.

Recruiters spend an average 5-7 seconds looking at a CV.
BEHIRING/NEXCAREER



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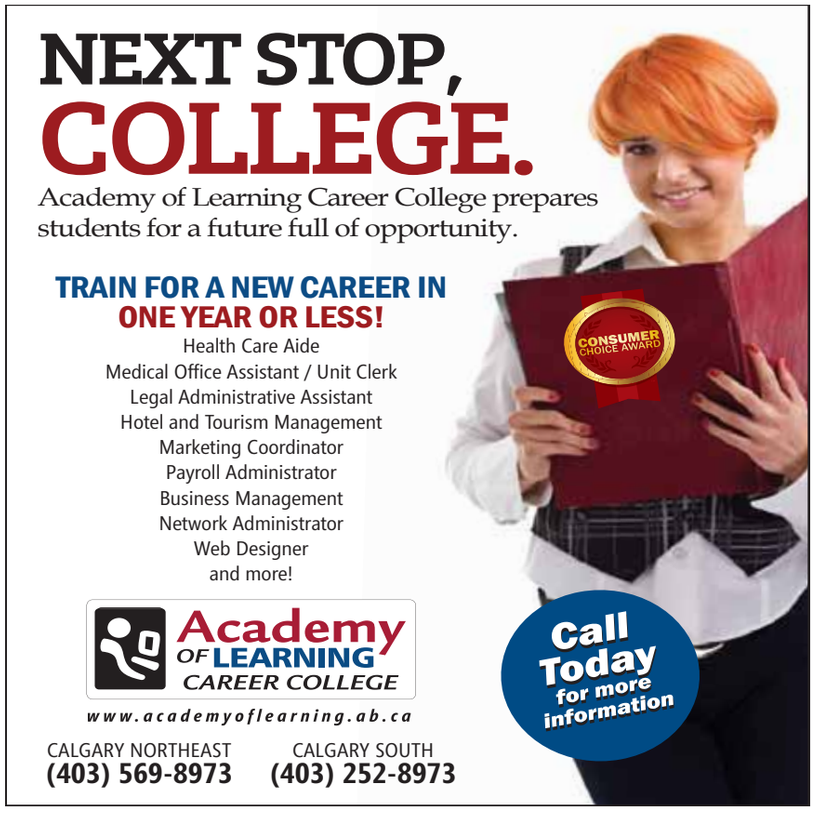
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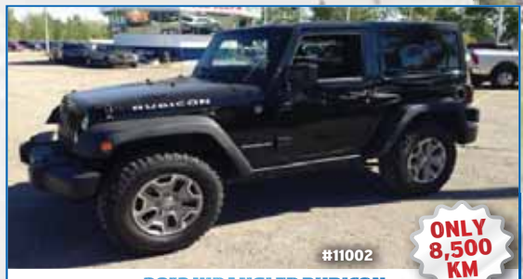

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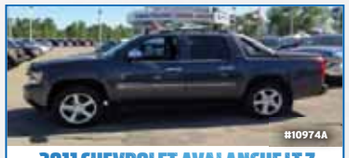

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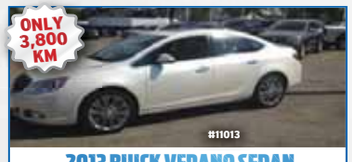

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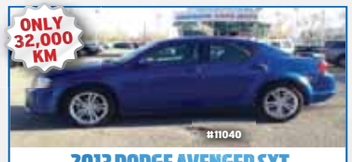

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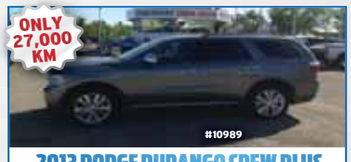

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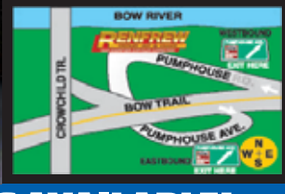

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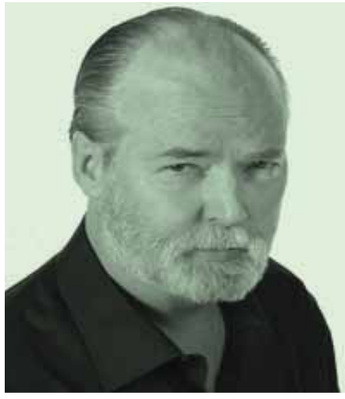

Douglas Coupland

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was Generation X: Tales for an Accelerated Culture. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Temp Enlivens Life-Sucking Meeting

I've learned over the years that the fastest way to turn an office to a grinding halt is simply to write 'broken' on a piece of paper, and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced, and then glow inwardly when they realize they can blamelessly return to their cubicle and play FreeCell and trawl the Internet for Russian dash-cam car accident gifs.

Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in on at Taylor, Wagner & Kimura Filter Systems. TWK's owners are systematically moving the company to China and everyone knows it. Pretty much once a day someone at TWK is given the axe while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on mat leave. So here I am. Temp!

Dan Wagner (the Danimal) who co-owns TWK understands my devil-may-care, low-commitment attitude. Like today when he called me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at me, which is slightly pervy but technically not actionable as harassment.

My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from Ecommerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams Dan will say, "Shannon, give us a lift, why don't you. What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's lowest age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia. "Wait," said Sarah Number Two, "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

TO BE CONTINUED...

All work, low pay

Health and dental? Dream on, you part-time workers

The service industry has the highest level of temp jobs that are considered "precarious employment," according to a report called Untapped Potential: Creating a Better Future for Service Workers, by the Institute for Competitiveness & Prosperity and the Martin Prosperity Institute.

Part-time work that pays less than $24,000 a year, "precarious employment," makes it tough to get ahead. Sometimes juggling more than one job, in positions such as cashiers, taxi drivers and health-care aides, few of these routine service workers receive health or dental benefits or have access to retirement pension plans, the report notes. **TORSTAR NEWS SERVICE**

GETTY IMAGES

Random fact of the day

Women really are shoeaholics!

- In the Western world, the average man owns 12 pairs of shoes, while the average woman owns 27.

SOURCE: TIME.COM

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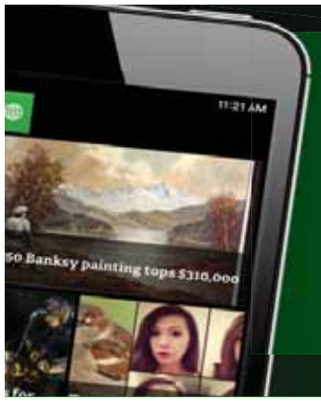

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5 WAYS TO BEAT WINTER BLUES

High Plains Drifter

James Callsen
calgary@metronews.ca

Winter is here. Not here officially, but let's face it, as soon as Halloween is over and there's snow on the ground, Old Man Winter is here to stay. It's daunting, staring down five to six months of cold and snow until spring rolls around. It's easy to get down, feel sad and shut yourself in. I'm not an expert in happiness, but I humbly present to you my five tips to beat the winter blues:

5 **Have fun in the snow.** Whether it's snowshoeing, cross country skiing, snowboarding or skating, getting into the great outdoors and embracing snow might be the best way to survive winter. The days of dreading heavy snow fall because your commute will suck suddenly turn into exciting days where you can't wait until you have the opportunity to get out into your frozen playground.

4 **Embrace the cold.** Not everyone can live in the cold. Get out there and embrace the fact that you can thrive in -20 and snow while others can't. When it's cold I feel like I'm Luke Skywalker exploring Hoth. All I'm missing is my Tauntaun.

3 **Exercise.** As a guy who is more inclined toward lying on the couch and eating chips all winter than to going to the gym, let my expanding waistline tell you that, in order to avoid buying bigger pants come April, you need to get your behind to the gym a few times a week. It not only keeps you in game shape but also improves your mood and psyche.

2 **Socialize.** During the 1940s on the Prairies, without decent roads or snowplows, it was hard to get around but easy to become a shut-in when the weather got bad. However the hardy stock of that era knew that they needed human interaction, so they fired up the Massey Ferguson and drove across a pasture to hit a blizzard party. If my grandma and grandpa can get out in those conditions, so can you.

1 **Sunshine is your friend.** The one great advantage we have over our West Coast neighbours is sunshine. I'll take -20 and sunny over 5 and rainy any day of the week. Sun grows our food but it also fills us with nutrients.

So remember: Even though it seems like the spring is so far away, it's only temporary. And who knows? Maybe by the time April arrives, you'll be sad to see the snow go.

Pro tip

Let my expanding waistline tell you that, in order to avoid buying bigger pants come April, you need to get your behind to the gym a few times a week. It not only keeps you in game shape but also improves your mood and psyche.

metro PHOTO CHALLENGE

Contest winner's ears must have been ringing

COURTESY ALEXANDER WHISTLERS

Capturing a sense is part of the challenge

Alexander Whistlers, of Russia, is one of this year's global grand winners of Metro's Photo Challenge with his submission of the child musician. This year's challenge entailed capturing a sense. Whistlers and another Photo Challenge winner will join sponsor Reach for Change on a life-changing trip to Ghana, West Africa. There they will meet Change leaders — local heroes improving life for children.

The photos taken during the expedition will be published worldwide in Metro. METRO

Listen up

"When you see a real good picture, you can feel it in your stomach. This is the one I felt from the texts in the background to the colour of the boy's face."
Urban Brådhe, contest judge

What else?

Visit metronews.ca for more photo contest submissions.

And check here tomorrow to view the second global winner.

CONTRIBUTED

WE ACT:
CANADA DOES GOOD

Hope Blooms in north-end Halifax

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet:

Who: Jessie Jollymore (pictured), 54, green-thumbed go-getter
Where: Halifax, N.S.
What: Hope Blooms, a youth-led community garden
Why: "When you change the way you look at things, the things you look at change," says Jollymore.

Jollymore saw potential in a trash-filled lot of the public housing project of Uniacke Square. With chicken wire, donated seedlings and a five-hose line connected to a kitchen sink, she mobilized nine youth from the low-income neighbourhood to set up a community garden. Today, the volunteers of Hope Blooms are local leaders and expert farmers, producing more than 2,000 pounds of communal crops annually.

What inspired you to get started? "I felt that if there was something growing that the youth felt was their own, it may change things. We didn't know what we were doing at first. I basically had to search, 'How do you plant things?' But we kept digging until we had over 3,600 square feet and a greenhouse."

What motivates the work you do every day? "These youth were bullied in school, picked on because of where they live. But they changed the way they see themselves — as business people, as change-makers — and people outside the community are changing the way they see the kids.

"There's an old saying that, 'It takes a village to raise a child,' but sometimes the children raise the village."

CRAIG AND MARC KIELBURGER

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• **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca
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SCENE 2

Fan fic

The Making of Star Wars

By. J. W. Rinzler

Kindle/Books

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

"He had an underlying current of sensual hostility," says George Lucas as Harrison Ford whoops and hollers in hearing himself described that way, one of many recently recovered audio and video clips featured in this enhanced ebook that explores the fascinating early days of Star Wars, when Luke was a girl, Han Solo was black, and Obi-Wan was a Japanese Samurai.

Box office

Ender's Game the weekend winner

Ender's Game scored the No. 1 slot at the weekend box office, earning $28 million in its opening weekend and sending Jackass Presents: Bad Grandpa into second place, according to studio estimates Sunday. Paramount's candid-camera comedy starring Johnny Knoxville brought in another $20.5 million in its second weekend.

THE CANADIAN PRESS

Need to illustrate your status update?

There's an app for that. When words aren't enough, Bitstrips supplies toons for your tales

ANDREA PARK
Metro World News in New York

If you've been spending time lately on Facebook (and who among us hasn't), you may have noticed cartoon versions of your friends popping up on your news feed from an app called Bitstrips. The app was released in 2012, but the company only came out with iPhone and Android updates in September. Now, the personalized comic app is exploding on Facebook, with more than 11 million downloads since its December 2012 launch.

Bitstrips allows you to interact with your friends through social media using comic messages and visual status updates. Here are five things you need to know about the most popular free app on iTunes right now:

1. Bitstrips is Canadian
"We've been completely overwhelmed by the enormous response," said CEO, creative director and co-founder Jacob Blackstock (a.k.a BA). "We're ecstatic that this new way to express yourself online is capturing people's imagination in the way that it has."

Even though Bitstrips first rose to prominence in Canada, the app has taken off around the world, from Europe to Latin America. It's even been adopted by the Ontario school system for use in classrooms across the province.

Metro writer Andrea Park tries out Bitstrips. CONTRIBUTED

Bitstrips has more than 11 million downloads since December 2012. CONTRIBUTED

2. You are the star
You can completely customize your avatar on Bitstrips, from adding in a wheelchair to changing the size of your pupils. You can then add your character into preset Bitstrips scenes; you can share these on Facebook or make greeting cards with them.

3. Your friends can join you in the comic strips
If your friends are on Bitstrips with their own avatars, you can add them into your own comic strips for fun, pre-set scenarios like, "Jane finally bores John to death," with a comic of John leaving on a stretcher while Jane chats away.

4. You need to have Facebook to use Bitstrips
Like it or not, if you want to use Bitstrips you have to be game for letting the app post your comics on Facebook. You can change the privacy settings of your Bitstrips so your Facebook friends don't see them, but they do get sent to your profile. The strips are meant to be used in lieu of a Facebook status or wall post, like, "John is excited to be going on vacation."

5. You can change the Bitstrips scenes
While the background and positioning of the avatars will stay the same in given Bitstrips scenes, you can change facial expressions and text to make the strips your own.

For more info, visit bitstrips.com. WITH FILES FROM VAWN HIMMELSBACH

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Miley Cyrus

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley getting over Hemsworth quick

Miley Cyrus appears to be moving on just fine after her split from ex-fiancé Liam Hemsworth. The Wrecking Ball singer was spotted locking lips with Good Charlotte guitarist Benji Madden at Hollywood hot spot Bootsy Bellows on Halloween, according to E! News. Cyrus was reportedly enjoying a girls' night out with Kelly Osbourne and about 10 other friends, but her attention turned to Madden when he arrived. They later left together with a group of friends.

The Word

The sky's the limit for Kanye's wedding

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West says he wants fighter jets at his and Kim's wedding. Not because he wants to be overly ostentatious but because it's pretty much the only way to keep Kris Jenner from selling off the rented flatware.

Keith Urban says that he and his wife, Nicole Kidman, sext each other about once a year. No one dares ask what they do every five years.

The actress who played Pippi Longstocking in a 1988 movie is now stripping in Las Vegas alongside Joslyn James, one of Tiger Woods' many mistresses. See, Jon Gosselin, there is always hope.

Kim Kardashian shares that, after the birth of her baby, "when I came back from the hospital the first thing I did was go and look at my vagina in the mirror. It looks better looking than before." #priorities #eeeek #heyhowyoudoing.

Tori Spelling describes Katie Holmes as a "plastic robot" who "can't sing." "You're super-mean, Tori, and it's not my fault," says Katie Holmes. "Tommy insisted he get custody of the music programming."

Miley Cyrus's 13-year-old sister Noah is photographed while she's driving a car. "I know. That was a terrible judgment on my part," says Billy Ray. "What parent in their right mind would let their daughter get photographed clothed?"

Robert Pattinson

No day break for Twilight stars

Robert Pattinson and Kristen Stewart met up last week, but fans hoping for a reconciliation will have to keep waiting.

The meeting between the Twilight exes was reportedly "very platonic," a source tells TMZ. Their meeting was apparently just to discuss the two dogs they share, Bear and Bernie.

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Housework

It's all fun and games — and your house ends up clean

Are you finding it hard to get any amount of housework done with your busy toddler?

Give yourself twice (or three times) as long to do a normal task — like vacuuming or mopping — and try to turn it into a game where your toddler can help you.

Strap him on your back and let him push the vacuum with you. Let him help you "wring out" the mop. Let him dry dishes.

Sure, you might make more of a mess along the way, but he'll enjoy being your sidekick, and your house will at least be cleanish.

JEN WARMAN OF YUMMYMUMMYCLUB.CA

Trying to get things done around the house with a toddler can be a challenge, unless you involve him or her. ISTOCK

Exclusively online

Hannah Montana what have you done?! Find out why Miley means Mommy needs a cocktail with hilarious Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices

The gift of not giving a thing

A new approach. One mom shares why she doesn't want any more presents for her kids

CHRISTELLA MORRIS
YummyMummyClub.ca

We're pretty lucky in our family. In May alone, I can cross off three out of four birthdays! Christmas and the fourth birthday are taken care of in December. This makes for a lot less time worrying about buying presents and a lot more time thinking about how much stuff we have. I really can't imagine having more things in my house. Toys, clothes, sippy cups, dirty dishes — we've got so much already.

I don't want to sound ungrateful for the amazing generosity of our friends and family because we're beyond thankful for all they've given us. But it's just so much. My boys really do not need another thing.

My favourite thing about presents is giving them. I spend extra time and care when giving so I know how difficult it can be to find that perfect gift.

But what if nobody gave my boys presents anymore? What if they only gave them gifts? The gifts of experience, adventure, and, more importantly, familiarity that they truly need.

So, before the start of the holiday season, I'm beginning a new tradition by asking that our friends and family offer experiences and time with our boys instead of money spent on them. Instead of buying my boys a toy lion, why not take one (or both) of them to the zoo to see a real one? Spending some time with a family member or friend would mean so much more to them than another toy.

Not a lot of time to give? What about contributing toward one of the shockingly expensive activities the boys participate in — piano, drum, guitar, swimming, dance lessons or soccer?

Don't have a lot of money? Hey, neither do we! No biggie. How about just spending some quality time with the boys? Set a day and take them to the park. Take one of them on a bike ride. Take one to the movies. Instead of investing in their toy collections, invest in your relationship with them.

We have a really good friend who, back in May, couldn't make it to Cash's third birthday party. She said she wanted to drop off a present at another time and I said. "He really doesn't need anything, but we'd love a visit! Why not just take him and do something with him, just the two of you?" In the end she, her boyfriend, and their friend and her daughter went to the zoo with Cash and he loved it.

I always think about the what ifs. What if something happened to me? What if something happened to their dad? They've built strong bonds with some family members, but others are only seen on occasion and only for short periods of time.

Building relationships now with these family members and friends will only benefit them in the long run if something were to ever happen to us.

These are the things I think about, people. Deep, I know.

But seriously, if you're in our circle of friends or family, please don't buy my kids presents but instead give them the gift of your time and love. That's the only thing they need.

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Men's health

Prostate cancer 101: Symptoms and prevention

What is the prostate?
The walnut-sized prostate is a part of the male reproductive system. It adds nutrients and fluid to sperm, and is located in front of the rectum, right below the bladder.

What is prostate cancer?
Prostate cancer is a disease in which some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

Signs and symptoms of prostate cancer:
- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at nighttime
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

Beware silent symptoms
Symptoms are not always present, especially in the early stages of prostate cancer. But if detected and treated early, your chances of survival are greatly increased. It's vital to get screened regularly so that if you do develop prostate cancer, the appropriate treatment can be taken.

Diet and lifestyle
- Men who have a low-fibre, high-fat diet have a higher rate of prostate cancer.
- A high body mass index (BMI) may increase your risk of prostate cancer.
- Being physically active is a good preventative tactic, along with losing weight and eating the right foods. Consuming lycopene (found in tomatoes and tomato products), soy, green tea and cruciferous vegetables (such as broccoli), may help to prevent prostate cancer. **METRO**

ISTOCK

Start those 'staches: Movember marks 10 years of hairy upper lips

Worldwide campaign.
Annual event contributes millions to research and encourages men to take control of their health

Famous folks with moustaches include, from left, Tom Selleck, Clark Gable, Salvador Dali, Richard Pryor and Ryan Gosling. GETTY IMAGES

Movember celebrates its 10th anniversary this fall. That's a decade spent raising funds for and awareness of prostate and testicular cancer, along with highlighting men's health in general. Since its beginnings in Australia, this annual campaign has become the world's largest non-government-funded organization donating to prostate cancer research.

"Last year, we eclipsed our goal of one million participants worldwide and raised over $147 million," says Mark Hedstrom, a spokesman for the annual fundraiser.

Movember is a simple, fun effort that works like this: Participants register online and sign up sponsors. Then, on Nov. 1, the Movember men shave their faces clean and for the rest of the month grow a moustache. In Australia, the nickname for a moustache is a mo.

Despite the millions Movember puts into research, Hedstrom says an equally important goal of the campaign is having men take control of their health.

"We want men to think November, then Movember, and then think about getting a health check and telling other men to get a check up," says Hedstrom.

Go to ca.movember.com, hit Sign Up, and fill out your deets. It takes mere minutes to create a Mo Space page, where you can upload a profile photo, invite friends to register and donate, and set your personal URL you can send around.

Join a team, go out on your own, or create your own team. **METRO AND NEIL MORTON/FOR METRO**

Facts you need to know about prostate cancer

- Prostate cancer is the most common cancer in Canadian men and the second-largest cause of male cancer deaths in Canada.
- Each year around 23,600 new cases are diagnosed in Canada and close to 3,900 Canadian men die of the disease every year.
- One in seven men will develop prostate cancer during his lifetime and one in 28 will die of it.
- If detected and treated early, there is a 95-per-cent survival rate associated with prostate cancer.

Growing my first mo.
I didn't bring sexy back, but I sure felt empowered

Neil Morton shows off last year's Movember look. COURTESY NEIL MORTON

Last year, for the first time, I grew a mo' for Movember. I had no idea what it would be like to grow a moustache, but the reaction from friends, family, colleagues and strangers alike was fantastic.

Sure, my mo' looked a bit silly on me, as my wife and two daughters can attest — I didn't exactly bring sexy back — but it was a totally empowering experience.

For those who didn't know why I was growing my mo' (yes, there are still some folks who aren't familiar with Movember) it was a great chance to start a conversation and explain why I was doing it, and what the cause is all about — prostate-cancer awareness and men's mental health.

Participating makes you basically a walking billboard for men's health. Being my first time out, I decided to join a team. There's strength in numbers, and it pushes you to compete with your teammates for donations. It's also neat to see your collective total build up over the month. You can also create your own team, and become a captain. If you decide to grow a mo', don't be shy about asking for donations.

If you're trying it this year or considering, be proud of joining this global movement — the Movember effect. There's no better way to get men talking proactively about their health. **NEIL MORTON/FOR METRO**

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Bloody Mary isn't just a drink (or a ghost in the mirror)

There's a secret ingredient popping up in a diverse range of recipes.

Fish sauce, traditionally used as a flavour enhancer in Asian cuisine, is being added to dishes such as this Bloody Mary Chicken with Olive-Celery Tapenade.

1. In a zip-close plastic bag, combine the V8, fish sauce, Worcestershire, horseradish and cayenne pepper. Add the chicken, close the bag, squeezing out any air, then refrigerate and allow to marinate for 2 to 6 hours.

2. Meanwhile, prepare the tapenade. In a medium bowl, combine the celery, finely chopped green olives, lemon juice, garlic and peppers. Stir well and allow to sit for at least 1 hour at room temperature for best flavour. This can be prepared ahead and refrigerated, then allowed to come to room temperature before serving.

Ingredients

- 11.5-oz can V8 vegetable juice
- 3 tbsp fish sauce
- 3 tbsp Worcestershire sauce
- 3 tbsp prepared horseradish
- 1/2 tsp cayenne pepper
- 1 1/2 lbs chicken breast tenders
- 3 stalks celery, finely chopped
- 1/2 cup green olives, finely chopped
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1/4 cup Peppadew peppers (or other sweet-hot peppers), chopped

3. When ready to cook the chicken, heat a grill to high. Remove the chicken from the marinade and grill on well-oiled grates for 3 minutes per side, or until cooked through. Serve topped with the tapenade.

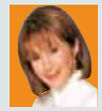
THE ASSOCIATED PRESS

Bloody Mary Chicken with Olive-Celery Tapenade

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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Coffee and tea just go so well with pastries, but many are loaded with fat and calories.

Starbucks blueberry scone

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Equivalent

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Starbucks croissant

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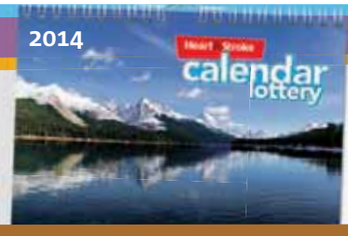

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Work wise: Don't let the temp be dropped

Part-timer pointers. If you don't want to be permanently pushed from your temporary position, avoid these workplace mistakes

VAWN HIMMELSBACH
life@metronews.ca

More companies are turning to temps to help out during busy periods or fill in when an employee is sick or on vacation.

If you're looking for full-time work or a way to supplement your income, temping can be a great option.

But if you want to keep the temp jobs rolling in, here are five things you should avoid on the (temporary) job:

Don't reorganize your co-worker's desk

Don't make a mess of this pending position. ISTOCK

Avoid stirring the pot

One of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

If you're temping to fill in for someone who's sick or on vacation, there's a good chance you'll be sitting at their desk. While it's okay to wipe cookie crumbs off the keyboard, the person who regularly sits there probably isn't going to appreciate it if you tidy up their workspace or reorganize files on their computer (or leave your own cookie crumbs on their keyboard).

Don't get involved in office politics

If you're temping on a regular basis for the same company, it's easy to get sucked into office politics.

Try your best to avoid gossiping about co-workers and getting involved in office dramas — one of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

Don't use work time as personal time

It's OK to chat with your co-workers; after all, you're not a robot. But it's best to avoid compulsively checking Facebook, making personal calls or scanning job sites for full-time employment while you're on the clock — this sends a message to your temporary employer that you're not taking the job seriously.

Don't compromise yourself

While you shouldn't waste your employer's time, you should also value your own. Some temps want to make a good impression by working through their unpaid lunch break or taking on tasks that are outside of the original temping contract. If you burn out or get sick, you won't be able to keep working — and you don't have benefits or sick days to fall back on.

If you don't take care of yourself, no one else is going to do it for you.

Don't dress like a slob

- Even if you're not looking to turn a temping job into a full-time position, it's not a good idea to show up for work in a pair of sweats (unless, of course, you're going to spend the day painting).
- Temping can open doors to opportunities you hadn't considered, so it's important to dress for success.

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'Round the world wisdom

Facing adversity? Failure is only information

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Let the "you won't make its" wash away. ISTOCK

We all experience failure. But do we always learn valuable lessons? Though failure can be harsh, it oftentimes is a gateway to greater success.

In preparing for the Gobi Desert race, my failures occurred early in training. As a first-time runner, my technique was poor and, compounded with a lot of distance running, I got injured fast. In addition to stinging blisters and routinely sore muscles, shin splints were now a reality. Known as a debilitating runner's curse, the injury had my doctor prescribing two months of rest and suggesting I only train in the pool.

Back then, the finish line seemed further away than ever — a race that was over two months before it even began. Acknowledging reality, I accepted failure, but made the decision to reframe it as "just information."

Committing myself to in-pool training, I found myself clasping a floatie alongside the lovely grannies of the early morning aqua-fitness class. Repeatedly watching a video showing proper running technique, I adapted my own method. I relentlessly practised in the pool, where the water's resistance allowed for slow motion running. My failure in training caused me to pause, review, and set a new training approach.

What had seemed impossible then happened. Ironically, my last step out of the water would be followed by my first step in the desert. After not actually running in over two months, and never having run more than half a marathon, I embarked on my first ever marathon.

Failure allowed me to hit reset and alter my technique. As unlikely as it may seem, failure can be the key to unlocking future successes.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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WHL

Oil Kings end Hitmen's streak

Curtis Lazar's 11th goal of the season proved to be the winner as the Edmonton Oil Kings doubled up the Calgary Hitmen, who lost in regulation for the first time in 11 outings.

Brett Pollock had a goal and an assist for the Oil Kings (9-7-1) and Reid Petryk and Edgars Kulda scored the others in the 4-2 win.

Jaynen Rissling and Zane Jones each scored on the power play for Calgary (10-4-3), which was 7-0-3 in its last 10 contests.

THE CANADIAN PRESS

NBA

Thunder win in star guard's return

Kevin Durant had 33 points and 10 rebounds, Russell Westbrook had 21 points and seven assists in his return from a knee injury and the Oklahoma City Thunder overcame a ragged performance to beat the Phoenix Suns 103-96 on Sunday night.

THE ASSOCIATED PRESS

NASCAR

Johnson pulls ahead of Kenseth

Jimmie Johnson is the leader again in the Chase for the Sprint Cup title after a dominating victory Sunday at Texas Motor Speedway.

The five-time Cup champion knows all too well that his seven-point lead over Matt Kenseth is far from overwhelming with two races left in the season. THE ASSOCIATED PRESS

Flames goalie Reto Berra made his NHL debut on Sunday in Chicago against the Blackhawks, winning 3-2. JONATHAN DANIEL/GETTY IMAGES

Berra-ble debut for Flames goaltender

NHL. Call-up from Abbotsford defeats reigning champions in first NHL appearance

Reto Berra had the jitters before his first NHL game. It just didn't show when he hit the ice.

Berra made 42 saves and Kris Russell scored at 1:32 of overtime, lifting the Calgary Flames to a 3-2 victory over the Chicago Blackhawks on Sunday night.

On Sunday

Flames	Blackhawks
3	2

"I was really nervous, but right before the game when I was sitting in here," Berra said, "I just said, 'Go out, play your game and have fun. You have nothing to lose.

"I put that excitement and nerves into positive energy."

Russell's shot from the blue-line clanked off the crossbar and past Blackhawks goalie Corey Crawford, ending Calgary's 10-game losing streak in Chicago. The Flames won at the United Center for the first time since March 2008.

"I saw a body in front and tried to get a hard shot off," Russell said. "I don't think he's seen it. Fortunately it went in.

"The last few games we've played well but haven't got rewarded. Tonight, we had a grinder-style game. Especially coming into a barn like this, I hope we can grab some momentum off this."

Mike Cammalleri and Curtis Glencross scored in regulation for the Flames. Calgary's T.J. Galiardi missed on a second-period penalty shot.

Chicago's Marian Hossa scored a power-play goal with 4:19 left in the third period to tie it at 2. Patrick Kane also scored for the Blackhawks, who had won three in a row.

The 26-year-old Berra was recalled from Abbotsford of the AHL on Saturday after the Flames waived Joey MacDonald. THE ASSOCIATED PRESS

4 SPORTS

Coach's collapse overshadows Colts' comeback

NFL. Kubiak taken to hospital before Texans let 18-point halftime lead slip away

Houston coach Gary Kubiak collapsed leaving the field at halftime and was taken by ambulance to a hospital, and the Indianapolis Colts rallied for a 27-24 victory over the Texans on Sunday night.

Kubiak hunched over and dropped to his knees at the 24-yard line and was immediately surrounded by medical personnel. He was lifted off the field on a stretcher and taken by gurney to the ambulance.

The Texans didn't say what was wrong with Kubiak, but did say he didn't have a heart attack. The team said the 52-year-old coach was conscious and was with his family as he was taken to the hospital.

Colts receiver T.Y. Hilton scores a touchdown in front of Texan Darryl Sharpton on Sunday in Houston.
PATRIC SCHNEIDER/THE ASSOCIATED PRESS

Andrew Luck got off to a slow start before throwing three second-half touchdowns to T.Y. Hilton to overcome an 18-point halftime deficit and give the AFC-South-leading Colts (6-2) the victory.

Case Keenum threw for 350 yards and three touchdowns in his second career start, but had trouble moving the offence after halftime as the Texans, up 21-3 when Kubiak collapsed, lost their sixth straight game after opening the season 2-0 with Super Bowl hopes.

Houston had a chance to tie it, but Randy Bullock's 55-yard field goal attempt as time expired sailed wide left.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
N.Y. Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
N.Y. Rangers	13	6	7	0	25	38	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	13	4	9	0	21	37	8

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	15	8	4	3	38	34	19
St. Louis	12	8	2	2	44	29	18
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	14	10	1	3	53	27	23
Anaheim	15	11	3	1	50	39	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for an overtime/shootout loss.

Sunday's results
Calgary 3 Chicago 2 (OT)
Dallas 4 Ottawa 3 (SO)
Minnesota 4 New Jersey 0
N.Y. Rangers 5 Carolina 1
Philadelphia 1 New Jersey 0
Phoenix 3 San Jose 2 (SO)
Pittsburgh 3 Columbus 0
Tampa Bay 4 St. Louis 2
Vancouver 4 Toronto 0
Washington 3 Florida 2 (SO)

Saturday's results
Anaheim 6 Buffalo 3
Chicago 5 Winnipeg 1
Colorado 4 Montreal 1
Detroit 5 Edmonton 0
Nashville 4 Los Angeles 3
N.Y. Islanders 3 Boston 1

Monday's games
All Times Eastern
Anaheim at N.Y. Rangers, 7:30 p.m.
Detroit at Winnipeg, 8 p.m.

MLS PLAYOFFS

All Times Eastern
CONFERENCE SEMIFINALS
(two-game, total-goals series)
EASTERN CONFERENCE
New York vs. Houston
Sunday's result — New York 2 Houston 2
Wednesday — Houston at New York, 8 p.m.
Kansas City vs. New England
Saturday's result — N.England 2 Kansas City 1
Wednesday — New England at K.C., 9 p.m.
WESTERN CONFERENCE
Portland vs. Seattle
Saturday's result — Portland 2 Seattle 1
Thursday — Seattle at Portland, 11 p.m.
Salt Lake vs. Los Angeles
Sunday's result — Los Angeles 1 Salt Lake 0
Thursday — Los Angeles at Salt Lake, 9 p.m.

NFL

WEEK NINE

Sunday's results
Carolina 34 Atlanta 10
Cleveland 24 Baltimore 18
Dallas 27 Minnesota 23
Indianapolis 27 Houston 24
Kansas City 23 Buffalo 13
New England 55 Pittsburgh 31
N.Y. Jets 26 New Orleans 20
Philadelphia 49 Oakland 20
Seattle 27 Tampa Bay 24
Tennessee 28 St. Louis 21
Washington 30 San Diego 24
Thursday's result
Miami 22 Cincinnati 20 (OT)
Monday's game — All Times Eastern
Chicago at Green Bay, 8:40 p.m.

CFL

WEEK 19

EAST

	GP	W	L	T	PF	PA	Pt
y-Toronto	18	11	7	0	507	458	22
x-Hamilton	18	10	8	0	453	468	20
x-Montreal	18	8	10	0	459	471	16
Winnipeg	18	3	15	0	361	585	6

WEST

	GP	W	L	T	PF	PA	Pt
y-Calgary	18	14	4	0	549	413	28
x-Saskatchewan	18	11	7	0	519	398	22
x-B.C.	18	11	7	0	504	461	22
Edmonton	18	4	14	0	421	519	8

x — clinched playoff berth; **y** — won division.
Saturday's results
Hamilton 37 Winnipeg 7
Edmonton 30 Saskatchewan 26
End of Regular Season
Friday's results
B.C. 26 Calgary 7
Montreal 23 Toronto 20
PLAYOFFS
Sunday, Nov. 11
Division Semifinals — All Times Eastern
East — Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.
West — B.C. at Saskatchewan, 4:30 p.m.

NBA

Sunday's results
Detroit 87 Boston 77
L.A. Lakers 105 Atlanta 103
Miami 103 Washington 93
Minnesota 109 New York 100
Oklahoma City 103 Phoenix 96
Orlando 107 Brooklyn 86
Saturday's results
Dallas 111 Memphis 99
Golden State 98 Sacramento 87
Houston 104 Utah 93
Indiana 89 Cleveland 74
New Orleans 105 Charlotte 84
Philadelphia 107 Chicago 104
Portland 115 San Antonio 105
Toronto 97 Milwaukee 90
Monday's games — All Times Eastern
Golden State at Philadelphia, 7 p.m.
Minnesota at Cleveland, 7 p.m.
Boston at Memphis, 8 p.m.
Houston at L.A. Clippers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
A financial or business matter demands your attention – not next month but right now. If you have not got it sorted by the time Mercury turns direct next weekend it could cost you.

♉ Taurus
April 21 - May 21
Offer to meet others halfway today and they will jump at the chance. Be open about what it is you desire and encourage others to be honest about their desires too.

♊ Gemini
May 22 - June 21
Don't waste time on trivial things or petty vendettas. On the work front especially you have important tasks to complete. Get serious about your ambitions.

♋ Cancer
June 22 - July 23
If you are planning on doing something out of the ordinary then you had better be quick about it. By this time next week circumstances will have changed so get it done.

♌ Leo
July 24 - Aug. 23
It should be obvious to you by now that a plan of some sort is not going to amount to much, so junk it and focus on something new. By the end of the week you will be working on something different.

♍ Virgo
Aug. 24 - Sept. 23
Few things in life are black and white and with Mercury, your ruler, still moving retrograde no doubt the whole world looks gray. Never mind. A week from now everything will be sweetness and light again, so smile!

♎ Libra
Sept. 24 - Oct. 23
Maybe something drastic will happen in your personal life to set you on a new course, or maybe your way of looking at the world will change – either way this will be a week of major developments.

♏ Scorpio
Oct. 24 - Nov. 22
Because Mercury is moving retrograde through your sign be careful not to let your mind fool you. It won't be until the 10th, when Mercury moves in your favour again, that you begin to see clearly.

♐ Sagittarius
Nov. 23 - Dec. 21
Usually you are upfront about what you think and feel but for some reason you are reluctant to let others know what's going on in your heart. Maybe it's because you're not fully sure yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Someone is being less than honest and you must make it your business to find out exactly where and why they are trying to trick you.

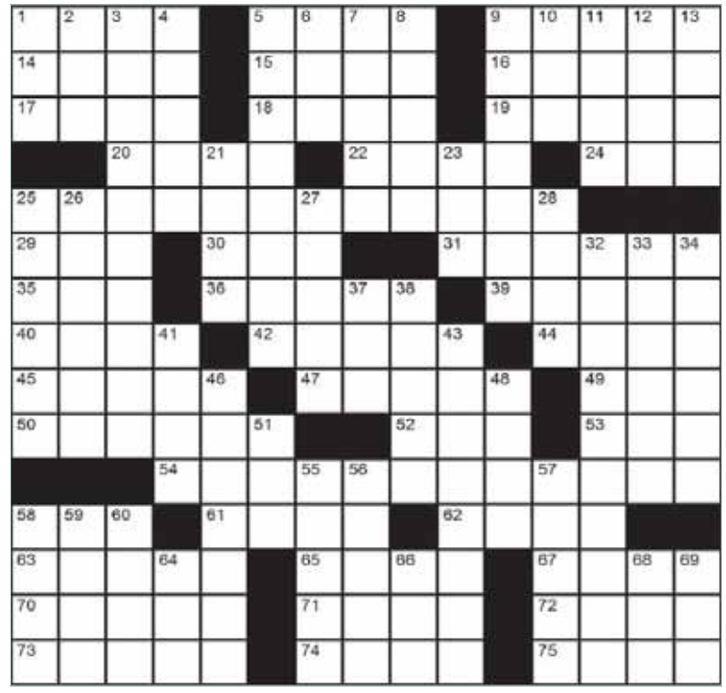
♒ Aquarius
Jan. 21 - Feb. 19
You want to talk to someone in a position of power but you can sense that now is not the right time, and you are right. A week from now is the right time so be patient.

♓ Pisces
Feb. 20 - March 20
Try not to let slip facts that rivals might be able to use against you. Pisces is such a trusting sign that you sometimes say more than you should. Think self-preservation. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



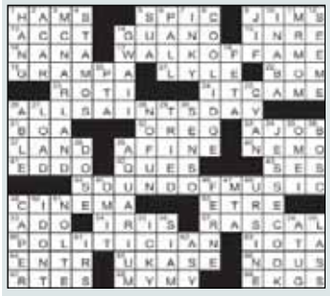
Across

1. Operatic soprano Ms. Gluck
5. Tennis great, Bjorn __
9. Bob or Doug McKenzie
14. Central places
15. Thought
16. Quebec-set flick, "Mon __ Antoine" (1971)
17. Palm starch
18. Sporty stuff
19. Port city of Japan
20. Unfortunately
22. Make supper
24. Internet connection letters
25. The Royal __ Winter Fair, every November in Toronto
29. Ms. Streep, to pals
30. Inflated id
31. St. __, Ontario
35. "__, _ don't know." (Unsure reply)
36. "Bolero" composer
39. Hagar the Horrible's dog
40. Trails
42. Pave the road again
44. Knife part
45. Book drawing, for short
47. Coffee choice
49. "__ Wiedersehen!"
50. Antarctica penguin
52. Tokyo, once
53. Ms. Thompson of Back to the Future (1985)
54. Employee 'gaining work experience' at a company: 2 wds.
58. Assoc.
61. The __ In The Hall
62. Sea of __ (Black Sea arm)
63. Queen's fave dog
65. "Curses!"
67. Biblical peak
70. NHL coach Mr. Vigneault
71. Deodorant's pal
72. Was aware
73. ___ (Pronounciation-wise, first letter of 'Geneva')
74. __-Dokie
75. Rugged off-road rides, commonly

Down

1. Mr. Pacino's
2. Hawaii's Mauna __
3. Kate & Anna __ (Canadian singer/songwriter sisters)
4. Garlic sauce
5. "If I Had My Way" band from Toronto: 2 wds.
6. Poet's creation
7. Respond
8. Single-named singer from Sherbrooke
9. Pipes like The Caterpillar's in Alice in Wonderland
10. Green light switches
11. Kind of fish
12. Caribou cousins
13. Actual
21. Computer firm
23. Food scrap
25. Aviator Ms. Earhart
26. Actor Mr. McRaney
27. Adored
28. Isolated
32. Team Figure Skating, a new __ __ to debut at the 2014 Winter Olympics
33. Quarrelling one
34. The Vampire Diaries character
37. Pre l'Automne month
38. Straight-__
41. Star Trek role
43. Glow
46. How the Titanic spent its last moments alas
48. Happy Days character, The __
51. Prefix meaning 'Over'
55. Beef up: 2 wds.
56. Singer/actor Chris
57. Toy truck
58. Wood sorrels
59. Chocolate-coated caramel candy
60. Tennis great Steffi
64. "Be off!"
66. Gladiator's 1051
68. Ms. D'Angelo, to pals
69. Painful expressions

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			5				9	
						2	7	
8			2	1		4		5
9				3			4	
4	7						3	2
	1			9				6
6		4			5	7		8
	8	5						
	9				3			

Friday's Sudoku

7	3	5	8	4	2	9	1	6
9	6	1	7	5	3	4	2	8
4	8	2	9	1	6	5	3	7
6	4	3	5	9	8	1	7	2
8	2	7	4	3	1	6	9	5
1	5	9	6	2	7	8	4	3
2	1	6	3	8	4	7	5	9
5	7	4	2	6	9	3	8	1
3	9	8	1	7	5	2	6	4

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -4° MIN: -9°	MAX: -1° MIN: -10°	MAX: 2° MIN: -9°

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